Claims

- A tissue capturing element comprising:

 an internal tissue contacting portion,
 an external tissue portion, and
 a tissue contacting anchor for maintaining the element in position relative

 to the tissue.
- 2. A tissue capturing element as defined in claim 1 further comprising a first configuration and a second configuration.
- 3. A tissue capturing element as defined in claim 2 wherein the interior tissue portion is configured to undergo a shape change that distinguishes the second configuration from the first configuration.
- 4. A tissue capturing element as defined in claim 2 wherein the exterior tissue portion is configured to undergo a shape change that distinguishes the second configuration from the first configuration.
- 5. A tissue capturing element as defined in claim 2 wherein the tissue anchor is configured to undergo a shape change that distinguishes a second configuration from the first configuration.
- 6. A method of capturing tissue in a distorted form comprising:

 providing a tissue capturing element having an exterior tissue portion, an interior tissue portion and a tissue anchor portion;

inserting the tissue capturing element so that the interior tissue portion is contained within the subject tissue;

deforming the interior tissue portion of the device to engage the tissue.

7. A method of capturing tissue in a distorted form comprising:

providing a tissue capturing element having an exterior tissue portion, an interior tissue portion and a tissue anchor portion;

inserting the tissue capturing element so that the interior tissue portion is contained within the subject tissue;

deforming the exterior tissue portion to engage the tissue.

8. A method of capturing tissue in a distorted form comprising:

providing a tissue capturing element having an exterior tissue portion, an interior tissue portion and a tissue anchor portion;

inserting the tissue capturing element so that the interior tissue portion is contained within the subject tissue;

deforming the tissue anchor portion in order to engage the tissue.

9. A tissue capturing element comprising:

at least one tissue engaging portion;

at least one distortion portion for becoming distorted to hold tissue in a distorted shape; and

at least one securement mechanism for retaining the element in its tissue distorting form.